YOUR

KELVINATOR

RECIPE BOOK

A Choice Collection of the Latest Recipes, specially selected for New Zealand homes from American and European sources.

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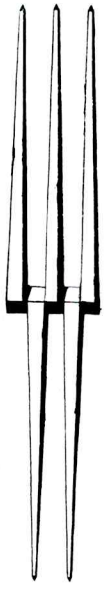


KELVINATOR

WORLD LEADERS IN REFRIGERATION IN 138 COUNTRIES FOR NEARLY 50 YEARS.

Recipes

A Choice Collection of Proved and Tested Recipes, suitable to the needs of New Zealand Homes, large and small, and including many interesting new recipes specially selected from European and American sources.

Here are recipes for main dishes as well as for exciting extras, for snacks and for family meals, for fresh foods as well as frozen, for every season and all budgets; recipes for everyday cookery as well as recipes for those special occasions for which you will not begrudge a little extra time, trouble and expense.

You will find also some recipes from the fashionable new field of "refrigerator cookery," in which refrigerator freezing replaces range cooking. Sufficient have been included to indicate the method, and its scope, and to stimulate you to devise new "refrigerator recipes" of your own.

In producing special artistic effects to delight the eye and special flavours and textures to please the palate, the most modern cuisines the world over now rely upon the refrigerator as indispensable equipment, with a thousand special uses in the preparation of foods, quite apart from their safe storage. A quick glance through the selection of recipes in the following pages will suggest to you how well rewarded you could be by a little study of these special possibilities of your new refrigerator.

Appetizers and Savouries

Cocktails, hors d'oeuvres, canapés, savouries, and light salads—all designed to tempt the appetite. Whether served before dinner, with cocktails or at parties, they should be carefully prepared and attractive to look at. Give attention to details of colour and flavour. Don't begrudge the time it takes to make them, for they are always the first things your guests will eat, and first impressions are important. Arrange them on your prettiest plates or platters. Garnishes and attractive arrangements are as important as flavour.

Make use of your refrigerator in these ways when preparing appetizers:
Make fillings in advance and store in covered containers. Store base materials separately in air-tight containers (not in refrigerator).
Keep garnishes, salad trims in your crisper; they should be really crisp and well chilled.
Cut radishes, celery, thin carrot strips, cucumber rings in fancy shapes. Crisped in ice-water in your refrigerator, they will curl and make attractive garnishes.
Canapés and savouries that do not have a moist filling can be prepared in advance, arranged on a plate, then wrapped in polythene. In this way they will keep fresh in your refrigerator for several hours.

HORS D'OEUVRES

Dunking Tray: Raw oysters arranged on cracked ice, cold cooked shrimp and crayfish, raw vegetable hors d'oeuvres, chicken rolls, beef balls, gherkins in blankets, lettuce rolls, stuffed cucumbers, roast beef rolls. Have mayonnaise, tomato sauce, Thousand Island dressing ready in bowls for dunking.

Anchovy and Olive Rolls: Wrap an anchovy fillet around each large stuffed olive, fasten with a toothpick. If desired, remove stuffing from olives and replace with cream cheese to which horseradish has been added.

Chicken Rolls: Soften cream cheese with cream, add brandy to taste. Spread on thin slices of chicken and then roll. Fasten with toothpicks,

APPETIZERS: Pepper slices, stuffed eggs, sardine canapes, cream cheese balls, cheese and meal cubes.

and chill thoroughly. Cut in convenient lengths. Insert a toothpick in each roll.

Gherkins in Blankets: Roll thin slices of salami or roast beef around sweet gherkin pickles; slice if desired. Fasten each with a toothpick.

Stuffed Cucumbers or Dills: Remove centre of peeled cucumber or large dill pickle lengthwise, using an apple corer. Stuff with devilled ham, anchovy spread, pimento cream cheese or seasoned cream cheese to which chopped chives or chopped green pepper has been added. Chill and cut in half-inch slices. Insert a toothpick in each slice.

Prawn Hors D'Oeuvres: Use fresh or tinned prawns, carefully cleaned. If fresh prawns are used, the tail may be left intact for garnish and to serve as a handle by which to pick up the prawn. If canned prawns are used, insert a toothpick in each one. Serve with a sauce, or serve them on canapé vases spread with Russian dressing, Thousand Island dressing, or a savoury canapé spread.

Coloured Stuffed Eggs: Hard boil 6 eggs. Remove shell and drop each egg in a tumbler with a tablespoon of vegetable colouring. Remove when surface of egg is evenly tinted. Colours such as red, yellow, green and rose pink are ideal. Cut each egg in two, either plain or with a zig-zag cut, remove yolk and blend with 2 ozs. butter and any of the following: 1 teaspoon of anchovy sauce, 1 level dessertspoon curry powder, 1 level dessertspoon finely-chopped chives, 2 ozs. finely-grated cheese. Cream the mixture well. Replace into egg-white halves by either piling it in or using a rose pipe and bag. Garnish with caviare or chopped parsley. If you wish, the eggs can be left untinted.

Pepper Slices: Select red and green peppers with a good shape. Remove a slice from the bottom end, remove white pith and seeds, fill peppers with a mixture of cream cheese and finely-chopped chives which has been well beaten together. Place a small square of greaseproof paper over open end and place in refrigerator to set. Serve cut in thin slices.

Cucumber Baskets: Choose long thin cucumbers, cut in 1½ in. lengths, either straight or zig-zag. Scoop out the centre of the cucumber, leaving a little at the base. Make a filling with half a cup of finely-sliced radish, ½ cup chopped spring onions, mix with the cucumber pulp and 1 tablespoon of French dressing. Season to taste and refill cucumber cups.

Cheese and Meat Cubes: Choose a dry tasty cheese and a good meat sausage like salami, Polish or Italian, and cut into one-inch blocks. Slice stuffed olives in half, and secure an olive-half to a meat or cheese cube with a toothpick.

Cream Cheese Balls: Beat cream cheese until smooth, divide cheese into three, flavouring each one with chopped parsley, chopped chives and crushed walnuts. Mould into tiny balls and roll in parsley, paprika and finely-chopped walnuts. Chill in refrigerator. Serve on toothpicks.

Sardine Canapes: Arrange sardines on buttered bread or biscuits. Season well with salt, lemon juice, cayenne. Serve any of these in cheese-pastry boats or piled on cheese biscuits.

TOPPINGS AND FILLINGS FOR SAVOURY CASES

Cream Cheese: With chopped parsley, chopped olives, gherkins, capers. Whip 2 ozs. of cheese into 1 gill of cream. Salt and cayenne to taste.

Anchovy Creams: Anchovy essence in whipped cream.

Walnut and Celery: Finely-diced celery and walnuts in whipped cream. Alternatively grated egg-yolk, cheese cream and cayenne.

Sardines: Paste the sardines and add cayenne and lemon juice. Pile on cheese biscuits and sprinkle with chopped parsley and paprika.

Prawns, crab or brains can also be combined with cream or good white sauce, and used for topping cheese pastries.

Liverwurst: Well-seasoned with pepper and salt, spread on cheese pastry base, and decorate with anchovy or pearl onion.

GARNISHES FOR HORS D'OEUVRES, SAVOURIES, SALADS

Carrot Curls: Slice carrots paper-thin lengthwise with a vegetable slicer. Chill in ice water until very crisp and curled.
Celery Curls: Cut inner stalks of celery into 3 or 4 inch lengths.
Green Pepper Rings: Use a firm green pepper of good shape. Slice thinly crosswise and cut out all white portions. Chill in ice water to crisp.
Onion Rings: Use Bermuda or Spanish onions. Slice thinly crosswise and separate into rings. Chill in ice water until very crisp.
Pickle Fans: Cut small sweet gherkins in thin slices lengthwise from tip almost to stem end. Spread slices apart like a fan.

Crayfish Croquettes

1 cup mayonnaise
1 level dessertspoon gelatine
1 lb. crayfish meat
Hard-boiled eggs

Take the crayfish meat and chop fairly fine. Dissolve the gelatine in a little boiling water or vinegar, and stir into mayonnaise. Then stir chopped crayfish meat into sauce. Spread out on a tray and allow to set in the refrigerator. When set, form into croquettes, roll in finely-chopped egg and serve on lettuce leaves, or shredded lettuce. This can be served as an hors d'oeuvre, or the mixture can be rolled into balls and served on a savoury platter, or used to fill very small patty cases.

Toasted Club Sandwiches

Thick slices of bread from a sandwich loaf
Butter
Salad garnishes (lettuce, cress or parsley, radish and celery)

Toast bread on one side only, remove the crusts, butter the inside and arrange in three slices with the filling between. Serve hot or cold according to the filling. Good for week-end suppers.

Suggested Fillings

1. Chopped ham, egg and parsley in a white sauce, well flavoured with cayenne and mustard.
2. Sliced tomato and shredded lettuce.
3. Minced corned beef, flavoured with onion and topped with pickled onion or cauliflower pickle.
4. Spaghetti and tomato sauce.

Corn Beef Curlicues

6 ozs. sliced corned beef
1 pkt. cream cheese
Mayonnaise
1 dessertspoon finely-minced shallot
1 tablespoon grated radish

Combine the cream cheese, shallot and radish and add sufficient mayonnaise to enable the mixture to be evenly spread on the corned beef. Cut the beef into strips, spread with cream cheese mixture and roll up. Secure with wooden toothpicks, and chill until firm in the refrigerator. Cut into 1-inch lengths and serve on a cold platter.

Beef and Bacon Paste

1 lb. rump steak
½ lb. fat bacon
¼ teaspoon nutmeg
½ teaspoon mustard
Pepper

Put all ingredients into a basin. Steam gently for 3 hours. Mince the meat and pound in its own liquid with a wooden spoon or mix in a blender. Pot and store in the refrigerator. Use for sandwich fillings or savoury spreads.

Sherried Kidneys

4 sheep's kidneys
1 teaspoon flour
Squeeze of lemon juice
1 tablespoon butter
Salt
Pepper
2 tablespoons sherry
Fingers of toast

Soak, skin and chop the kidneys. Melt the butter in a saucepan, add kidney, parsley, lemon juice, flour and nutmeg. Stir in the sherry and salt and pepper to taste. Simmer for about 15 minutes, until thick. Serve with fingers of toast.

APPETIZER: Prawn mayonnaise — served, well chilled, with watercress rolls.

Prawn Mayonnaise

1 lb. prawns
1 cucumber
Mayonnaise
Cress rolls

Arrange cucumber slices in small cocktail dishes. Peel remaining cucumber, and dice the flesh, fill dishes with alternate layers of diced cucumber and shelled prawns. Decorate with shelled prawns (these will have their tails left on) and watercress or parsley. Serve well-chilled with cress rolls.

Fritto Misto

Oysters
Button mushrooms
Sprigs of mint
Chunks of bananas
Strips of sausage
Stuffed prunes
Anchovy fillets
Shelled prawns

Marinade all ingredients well in French dressing, then dip in fritter batter and fry in deep fat. Drain well and keep hot in the oven until wanted. These reheat well and can therefore be fried ahead of time.

Saratoga Chips

Wash and peel medium-sized potatoes and cut into thin wafers. Soak in iced water. Remove and dry thoroughly. Deep fry in fuming fat until crisp and brown, and drain on crumpled kitchen paper. Season.

Oysters with Caviare

With 6 oysters, take 6 teaspoonfuls of seasoned caviare, a few sprigs of parsley and some slices of lemon. Open the oysters and remove the beards. Put 1 teaspoonful of caviare in each of the lower (deep) shells, and place the oyster on top. Garnish the dish with slices of lemon and sprigs of parsley. Keep on ice till required. Should be prepared some time before wanted. Sufficient for 6 persons.

Stuffed Eggs Tartare

3 hard-boiled eggs
¼ pint tartare sauce
Watercress

Cut the eggs in half lengthwise, remove the yolks and sieve these with some of the sauce. Fill the egg whites with this mixture and coat with tartare sauce. Serve on a bed of watercress or shredded lettuce.

Soups in Variety

Clear aromatic consommé, jellied consommé, potage, cream soup and minestrone. All favourite soups, widely different, but each plays an important part in the enjoyment of a meal.

Whatever soup you make, remember it can only be as good as the stock it is made from. Long slow cooking is necessary to draw every bit of flavour from the ingredients. It is better to make soup stocks a day before required. Let stand in the refrigerator overnight. In this way the flavour develops.

Jellied Consomme

Most home-made consommés will jell when thoroughly chilled in the refrigerator. Others require the addition of gelatine. When using a consommé which requires the addition of gelatine, allow ½ teaspoon for each measuring cup of consommé. Soften the gelatine in a little cold water (1 tablespoon to a teaspoon of gelatine); add hot consommé; stir until gelatine is dissolved. Season to taste. Pour into a pan; chill until firm. Just before serving break up lightly with a fork into cubes. Pile lightly in chilled bouillon cups. Tomato, chicken and meat base consommés are ideal for serving jellied.

French Onion Soup

3 tablespoons butter
2 cups sliced onion
4½ cups stock
Salt and pepper
Worcestershire sauce
French bread
Parmesan cheese or other finely-grated cheese

Heat butter; add onions; simmer about 10 minutes or until soft and lightly browned. Add stock; bring to boil; simmer 20 minutes. Season to taste with salt, pepper and Worcestershire sauce. Pour the hot soup into earthenware marmites or soup plates. On top of each serving float a slice of sautéd French bread; sprinkle with grated cheese and pass additional cheese. Makes about 6 servings.

CHILLED SOUPS: Jellied Tomato Consomme, Creme Vichyssoise, with crisp appetizers.

Pea Soup

½ lb. split peas
2 parsnips
2 carrots
2 onions
1 tablespoon dried mint
1 head celery
5 pints water
Ham bone
1 tablespoon flour
Salt and pepper

Soak the peas in refrigerator overnight. Next day, place them in a saucepan with the ham bone and water, and bring to the boil. Prepare the vegetables by peeling and cutting up roughly. Add the mint. Bring to the boil and simmer gently for three hours or pressure-cook for one hour, taking care, however, not to fill the cooker more than two-thirds. Use less liquid and make up liquid content when cooked. Rub through a coarse sieve or colander. Return to the saucepan and bring to the boil. Blend the flour with a little cold water. Add to the soup, stirring to prevent lumps. Season to taste. Cook two or three minutes. Serve with sliced wieners which have been cooked separately. This will be a meal in itself if you use plenty of sausages and accompany it with a big salad sandwich. If it is to be served as a separate soup course, use less sausage or the traditional croutons of fried bread.

Tomato Consomme

1 quart good soup stock
2 lb. sliced tomatoes
1 medium-sized onion (sliced)
2 whole cloves
1 stalk celery (sliced)
3 peppercorns
Teaspoon salt

Combine all ingredients and simmer, covered, for one hour. Strain and serve. Season if necessary.

Iced Cucumber Soup

2 cups unpeeled chopped cucumber
1 medium onion, chopped
1 teaspoon salt
A dash of cayenne pepper
2 cups clear chicken broth (may be made from cubes)
1 tablespoon cornflour
1 cup light cream
1 cup peeled finely-chopped cucumber, chilled
Chopped fresh mint or minced chives

Cook together, till very tender, the unpeeled cucumber, onion, salt, pepper and broth. Blend cornflour with a small quantity of cold water, add stirring to boiling mixture and boil for two minutes. Sieve. Chill. Add cream and the finely-peeled chopped cucumbers. Serve very cold, garnished with mint or chives. Serves three to four.

Creme Vichysoise

4 sliced leeks
¼ cup butter
1/3 cup sliced onion
2 cups potatoes, sliced or diced
3 cups, or 1 can, chicken soup, diluted with 1½ cups water
½ cup cream
Salt and white pepper

Use only the inside white portion of leeks, sliced. Heat butter. Add sliced leeks and onion. Simmer about 5 minutes, or until soft but not browned. Add potatoes and chicken stock. Boil gently 30 to 40 minutes, or until potatoes are very tender. Press through a fine sieve. Add cream and season to taste. Serve hot or thoroughly chilled. If it is to be served cold, beat until smooth before serving. Garnish with a dash of paprika or some finely-minced parsley, or chopped chives. Makes 5 to 6 servings.

SOUP GARNISHES

Bacon

Take off the rind, cut the bacon into small strips or dice and fry lightly. This garnish is most suitable for thick soups.

Cheese

Finely-grated cheese is a pleasant accompaniment to almost any vegetable soup. To give an interesting colour and flavour, mix in freshly-chopped parsley or watercress with grated cheese before serving. Grated cheese alone is usually handed separately, but may also be sprinkled on the soup before sending to table.

Fried Croutons

Cut the bread into cubes and fry until golden-brown in a little butter, bacon fat or oil. Serve immediately.

Salads and Cold Dishes

The secret of a successful salad is the thorough crisping and chilling of all ingredients. Eye appeal is important. A garnish of crisp radish roses, celery or carrot curls can greatly improve the appearance of a salad. Flavour, too, is important. The addition of garlic, herbs, a good tart dressing add variety. A salad, used as the main course of a meal, should contain proteins, such as egg, cheese, meat or fish. A green salad, served before or with a main course, should be light and tangy, servings small and dressing tart.

Cold dishes like jelly moulds of chicken, ham, fish or vegetables should always be served well chilled. Accompany them with crisp light salad or salad greens. For parties or light luncheons, always decorate them with the prettiest garnishes available, for they are often served on the hottest days, when appetites are flagging and have to be encouraged.

Potato Salad

3 lb. cooked diced potatoes (hot)
1 cup finely-diced celery
½ cup finely-sliced shallots
2 tablespoons finely-minced parsley
¼ cup French dressing
½ teaspoon salt
⅛ teaspoon pepper
¾ cup mayonnaise
2 teaspoons prepared mustard
3 teaspoons lemon juice or vinegar

Combine potatoes, celery, shallots, parsley, French dressing, salt and pepper, and toss well. Chill until shortly before serving time. Add mayonnaise blended with mustard and lemon juice. The mixture should be quite moist. Heap lightly in bowl and garnish with tomato slices or radish roses.

French Salad

1 lettuce
1 tablespoon olive oil
1 dessertspoon vinegar or lemon juice
1 crushed clove garlic
½ teaspoon dried mustard
½ teaspoon paprika

Wash lettuce and dry leaves thoroughly. Break into bite-sized pieces. Place in crisping tray in refrigerator to crisp. Place all other ingredients in a bottle, and shake until well blended. Just before serving salad, add about 1 dessertspoon of dressing to the lettuce in a bowl and toss well so that each piece of lettuce has a light covering of dressing.

Cole Slaw

½ teaspoon salt
¼ teaspoon pepper
½ teaspoon dry mustard
½ teaspoon celery salt
1 teaspoon grated onion
1 tablespoon salad oil
¼ cup vinegar
3 cups chopped green cabbage
Cup chopped green pepper

Place ingredients in bowl in order listed. Mix well. Place in refrigerator to chill. Garnish with spring onions. Makes four servings.

SALAD SUGGESTIONS

Combine diced tomatoes, cooked kidney beans, chopped celery, chopped pickle or pickle relish. Season with minced onion, salt and pepper. Moisten with salad dressing.

Arrange alternate slices of tomato and cucumber, or tomato, avocado and grapefruit sections, on lettuce or other salad greens. Serve with salad dressing.

Combine diced tomatoes, diced cooked potatoes, chopped onion and French dressing.

On a bed of cole slaw, place a thick slice of tomato and top with several pieces of cooked asparagus. Serve with salad dressing.

Combine diced tomatoes, sliced cucumber, and radishes with thick sour cream seasoned with grated onion, salt and pepper. Or add sour cream to mayonnaise or salad dressing.

Arrange—on crisp lettuce leaves—tomato slices, cucumber slices, beetroot wedges, radish roses, potato salad, cheese cubes and black olives.

Mayonnaise

2 egg yolks
1 teaspoon dry mustard
¼ teaspoon salt
½ teaspoon sugar
Pinch cayenne
2 tablespoons vinegar or lemon juice
2 cups salad or olive oil

Beat the egg yolks until thick and lemon coloured. Add mustard, salt, sugar, cayenne and 1 tablespoon of the vinegar or lemon juice. Mix well. Continue beating while adding oil, drop by drop at first, gradually increasing amount as mixture thickens until all oil is used. Slowly add remaining 1 tablespoon of vinegar or lemon juice, and beat well. Chill before serving. Makes about 2½ cups.

French Dressing

1/3 cup vinegar or lemon juice
1 cup salad or olive oil
¼ teaspoon pepper
1 teaspoon salt
1 teaspoon paprika
1 teaspoon sugar (if desired)
Few grains cayenne

Combine all ingredients, shake or beat until thoroughly combined and chill. Shake again each time before using.
NOTE: For a subtle garlic flavour, use vinegar in which a garlic clove has been allowed to stand for several days. For a stronger garlic dressing, add ½ clove of garlic finely crushed.

Blue Cheese French Dressing

Add 4 tablespoons crumbled blue cheese. Good with green salads and tomato salad.

Anchovy French Dressing

Add 2 tablespoons anchovy paste, 1½ tablespoons each of minced parsley and chives. Good with green salads.

Parisian Dressing

Add 2 tablespoons minced sweet onion, 3 tablespoons minced parsley and 1 tablespoon minced pimento.

A SALAD SUGGESTION: Crisp cool salad vegetables to make a big salad.

A COLD DISH: Ham-and-cheese Loaf, to be served with iced coffee.

Russian Dressing

To $\frac{2}{3}$ cup mayonnaise, add $\frac{1}{4}$ cup chopped olives, 2 tablespoons chopped sweet pickles, $\frac{1}{3}$ cup chilli sauce and 1 chopped hard-boiled egg.

Thousand Island Dressing

To $\frac{2}{3}$ cup mayonnaise, add $\frac{1}{3}$ cup chilli sauce, 1 tablespoon chopped green peppers, 3 tablespoons chopped chives.

Crayfish Salad

1 crayfish
3 tomatoes
Seasoning
Juice of ½ lemon
Watercress
1 head lettuce
¼ pint mayonnaise

Remove meat from the crayfish. Then either break it up or shred it finely and mix with mayonnaise. Arrange the largest lettuce leaves at the bottom of the salad bowl, and the smaller ones around the sides. Place the seasoned crayfish and mayonnaise mixture in the centre. Peel and slice tomatoes. Dip each slice into the lemon juice and sprinkle with salt and pepper. Arrange the tomatoes around the dish, and garnish with watercress.

Tomato Salad Snacks

4 medium-sized tomatoes
½ cup chopped celery
2 hard-boiled eggs (chopped)
Cayenne
1 small cucumber
Lettuce
½ cup minced ham
2 dessertspoons chopped onion
½ cup mayonnaise

Plunge the tomatoes into boiling water for 1 minute. Remove the skin. Cut the tomatoes almost through to form six petals. Place the tomatoes in a lettuce cup. Peel the cucumber and score lengthwise with a fork. Cut into slices. Insert a cucumber slice between each petal and fill the centre with a mixture of the remaining ingredients.

Cucumber and Sardine Salad

½ cup diced cucumber
¼ cup mayonnaise
1 lettuce
1 teaspoon chopped onion
1 large tin sardines
1 tomato
1 teaspoon minced parsley
French dressing

Scald, peel and dice the tomato. Stir in the cucumber, moisten with French dressing. Pile in the centre of a salad plate lined with lettuce leaves. Arrange the sardines radiating from the centre of the mound. Sprinkle with parsley and onion, and serve thoroughly chilled with cucumber cream dressing.

Ham and Cheese Loaf

1 square sandwich loaf
2 cups egg salad
1 tin ham, chopped
5 ozs. jar sharp cheese
Tomatoes
1 lb. cream cheese
1 tablespoon finely-chopped parsley
Black olives to garnish

Cut crusts from sandwich loaf, cutting through the loaf ¾ inch from top, lengthwise. Cut three slices like this. Spread one slice with ham mixture. Arrange slices of tomato on top. Spread sharp cheese on other slice, then pile on egg salad. Place slice with ham on top of this, and top with third slice of bread. Beat cream cheese with a little milk (about 1 tablespoon). Add finely-chopped parsley and spread evenly over the sandwich loaf. Set in refrigerator to chill. When chilled, serve on a platter garnished with olives. Sprinkle a little parsley over the top and decorate with radish slices. Serve in slices.

Egg Salad

Combine 6 hard-boiled eggs, ½ cup mayonnaise, ½ cup chopped peppers.

Asparagus Mornay Loaf

1 tin asparagus or bundle of fresh tips
2 eggs
Juice of 1 lemon
1 tablespoon butter
1 tablespoon flour
Salt and Cayenne
4 tablespoons grated cheese
1 pint milk, or ¾ pint milk and ¼ pint cream
1 dessertspoon gelatine
Cold water
Celery curls
Cress
Carrot curls

Soften the gelatine in cold water and dissolve over boiling water. If fresh asparagus is used, cook carefully in boiling salted water and drain well. Make a sauce with the butter, flour and liquid. Season to taste. Add beaten eggs, grated cheese, lemon juice and dissolved gelatine. Line an oiled or wetted mould with asparagus tips and pour in the mornay cream. Chill until firm in the refrigerator. Unmould and serve garnished with cress and celery and carrot curls.

Jellied Veal Ring

2 cups cooked minced veal
1 cup stock
1 teaspoon Worcestershire sauce
1 tablespoon cold water
1 teaspoon lemon juice
Lettuce and tomatoes
1 cup diced celery
Salt and pepper

Sauce for Above

2 hard-boiled eggs (finely minced)
2 tablespoons mayonnaise
2 tablespoons pimentos (finely minced)
2 tablespoons cream

Combine the veal, stock, sauce, lemon juice, celery and seasoning and cook gently for 10 minutes. Soften the gelatine and stir into the mixture. Pour into a wetted ring-mould, and chill in the refrigerator. Unmould and serve on a platter of lettuce leaves. Fill the centre with the sauce, and garnish with quarters of tomatoes and tiny lettuce leaves.

Cucumber Cream Dressing

2 tablespoons vinegar
2 dessertspoons sugar
1 cup diced cucumber
½ cup whipped cream

Add vinegar and sugar to cucumber. Fold in the cream and chill before serving.

Jellied Salmon Mould

3 cups tomato juice
1 tablespoon gelatine
1 tablespoon lemon juice
1 16oz. tin salmon
1 teaspoon grated horseradish
Herbs and spices to season
2 tablespoons salt

Soften the gelatine in cold water and add to hot tomato juice. Stir until gelatine is dissolved. Add lemon juice, salt, horseradish and flaked salmon. Turn into large or individual moulds. Chill until firm. Unmould, and decorate as desired. Serve with crisp salad. Makes about 6 servings.

Main Course Suggestions

Main course dishes, whether for luncheon or dinner, are usually made with meat, fish or poultry as the main ingredient.

The modern trend is to buy more meat at a time and store it in your refrigerator. You can do your window shopping daily from your own meat-tray or frozen food chest. In this way you can have variety and a good choice without special shopping. Here are some main course dishes that will cater for all occasions.

POULTRY

Roast Duck

Truss and sprinkle inside and out with salt. Stuff the body with sage and onion seasoning. Sear at 500° F. for 10 minutes. Cook at 375° F., allowing 20 minutes to each pound in weight.

Accompaniments: Brown gravy, apple, tomato or cranberry sauce, or red currant jelly. Garnish with cress or parsley, and fresh orange slices. (With duck which is not seasoned, serve orange sauce).

Roast Turkey

Prepare and stuff as for roast chicken. Add to the veal seasoning ¼ lb. sausage meat, 2 ozs. ham. Rub the outside of the bird with a mixture of plain flour, butter and salt (⅓ cup butter to ¼ cup flour). Sear at 500° F. Cook at 350° F., allowing 20 minutes to each pound in weight.

Accompaniments: Rolls of grilled bacon, forcemeat balls, bread sauce, rich brown gravy.

Roast Chicken

Season the crop of the chicken with veal seasoning. Truss bird, wrap in greaseproof paper, and bake in a hot oven (temp. 500° F.) for 10 minutes, then reduce the heat to 350° F., and cook for a further 1 to 1½ hours, according to the size and age of the bird.

Accompaniments: Grilled bacon, rich brown gravy, bread sauce.

Pork Brawn

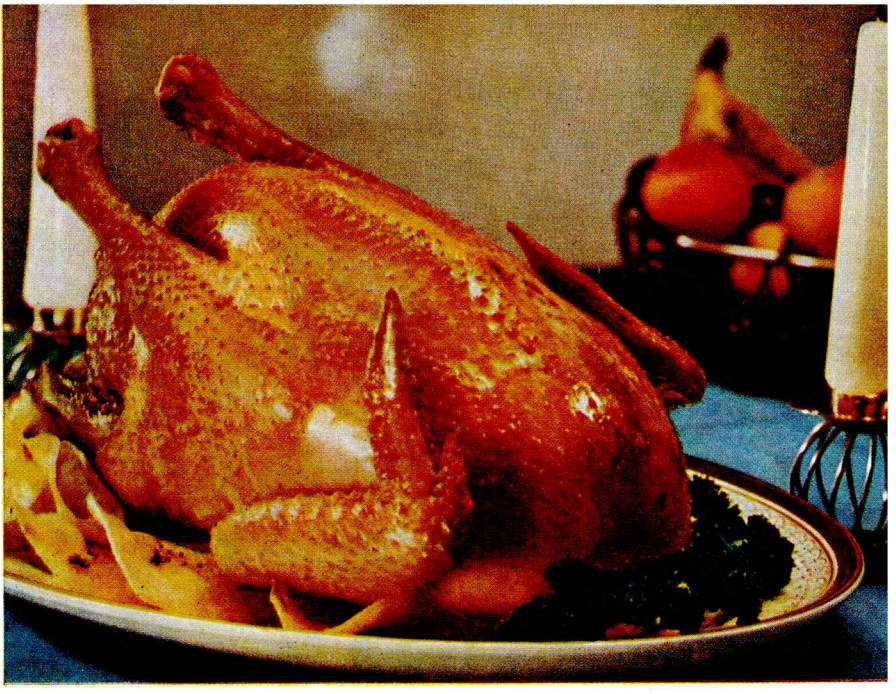
Half pig's head
1 lb. pork
Bunch herbs
Blade of mace
1 teaspoon peppercorns

Wash pig's head, place in cold water with the other ingredients, and bring to the boil. Simmer gently for 2½ to 3 hours. If you have a pressure-cooker, pressure-cook meat for one hour. Cut the meat into small pieces and then continue stewing the bones until the stock has reduced itself to half the quantity. Put the meat into moulds, pour over the stock and leave to set in the refrigerator.

Soused Fish Mariniere

Fish, as required
½ pint white wine vinegar
¾ lb. onions
2 bay leaves
12 peppercorns or level teaspoon ground pepper
Stalk of celery
2 or 3 chillies (Or 1/3 teaspoon cayenne)
Carrot
Parsley stalks
Salt
¾ teaspoon granulated gelatine

Clean and fillet the fish, and place in buttered enamel dish. Set wine vinegar to boil, with sliced onion, celery, carrot and parsley stalks. When boiling add gelatine. Pour mixture over the fish. Bring to boil. Simmer for five minutes. Remove vegetables, cool and then chill. Can be served as hors d'oeuvres or as a cold fish dish.



A MAIN COURSE SUGGESTION: Roast Chicken.

Beef and Liver Loaf

1 lamb's fry
Salt and cayenne
1 small onion
1 lb. minced beef
1 egg
1 cup soft breadcrumbs
2 rashers of bacon

Soak the liver in cold water for ½ hour, remove the skin and tough veins, and mince finely. Combine with the meat finely-minced onion, minced bacon and breadcrumbs. Season to taste, and bind with beaten egg. Pack lightly into a greased loaf tin, cover with greased paper and bake in a moderately hot oven (temp. 350° F.) for one hour. Serve cold with salad.

Pressed Ox-Tongue

Choose a tongue with a smooth skin, soak for several hours to remove surplus salt. Place into warm water with a bunch of savoury herbs, bring slowly to the boil and simmer from 2½ to 3 hours. Remove the scum as it rises. When tender, lift from the saucepan, remove the skin and any small bones or gristle from the root. Place in a basin, cover with a plate with weights on top, and press. When cool, place in the refrigerator until required.

Fish Mousse

1 teaspoon gelatine
3 tablespoons cold water
1 tablespoon mayonnaise
1 cup white sauce
Lettuce
Cucumber slices
French dressing
½ cup chopped celery
1 egg (separated)
1 cup flaked cooked fish
Lemon juice
Paprika
Chopped parsley

Soak the gelatine in cold water and dissolve over boiling water. Add, with the egg-yolk and mayonnaise to the white sauce. When cold and slightly thickened, fold in the flaked fish and celery, and flavour with lemon. Lastly, add the stiffly beaten egg-white. Pour into a greased or wetted mould and chill until formed in the refrigerator. Unmould on crisp lettuce leaf and garnish with parsley, paprika and cucumber slices.

SEASONINGS

4 cups white breadcrumbs
2 tablespoons butter or minced suet
2 teaspoons chopped thyme or marjoram
1 tablespoon minced parsley
Grated lemon rind or nutmeg
½ teaspoon salt
¼ teaspoon pepper
1 egg yolk

Mix all ingredients well together. Add the egg yolk and stir well. The amount of stuffing to be used cannot be definitely stated, but as a guide, allow one cup of breadcrumbs to each pound of dressed poultry.

Sage and Onion Stuffing

4 small onions
4 cups breadcrumbs
½ cup butter or shortening
Salt
Pepper
8 sage leaves

Blanch the onions, boil until tender, then chop finely. Add to the breadcrumbs and sage, and season with salt and pepper. Add the shortening in small pieces and mix all thoroughly. If required moist, a little stock or egg yolk may be added.

BAKED FISH

2 lb. whole fish
2 tablespoons blanched, chopped almonds
2 tablespoons shortening
1 green pepper, chopped
2 tablespoons onion, chopped
2 tablespoons parsley, chopped
2 cups day-old bread cubes
Pepper

Clean fish, remove head, clip tail. Wipe with damp cloth, and rub inside and out with salt. Melt shortening in large saucepan over low heat, and add almonds, onion, parsley and green pepper. Cook about 3 minutes — until onion is soft. Add bread cubes and pepper and stir until shortening is absorbed and bread is lightly browned. Remove from heat. Put stuffing in fish—you don't need to fasten. Place heavy greased paper or parchment paper across the bottom of baking pan, lay fish on it, bake in a hot oven.

WIENER SCHNITZEL

Veal steaks
1 egg
Fresh breadcrumbs
Butter, lemon, gherkins
Capers, anchovy fillets

Have steaks cut very thin, flatten, season with pepper and salt, coat with flour, then with beaten eggs and breadcrumbs. Fry golden brown in butter with a low heat. Garnish with a round of lemon surmounted by a turban of anchovy fillets, with a few capers in the middle and two fans cut from the gherkin on each side. Serve with potatoes lightly fried, and green peas.

A MAIN COURSE SUGGESTION: Crayfish Salad.

Savoury Beef

3 large onions, sliced
3 tablespoons of fat
2 lb. beef, shank, rump or round
2 tablespoons flour
1 teaspoon salt
¼ teaspoon black pepper
¼ teaspoon ground cloves and thyme
1 pint brown stock, or boiling water and meat extract
2 tablespoons vinegar
1 tablespoon Worcestershire sauce

Brown onions slowly in fat. Cut meat into serving pieces, add to onions and brown. Mix flour and dry seasonings. Sprinkle over meat. Add stock, vinegar, and Worcestershire sauce. Cover closely. Simmer until meat is tender, allowing two hours for shank or plate, 1½ hours for rump or round. Serves six.

Veal Birds

1½ lb. veal steak (1 in. thick)
¼ teaspoon dry mustard
½ cup flour
1 teaspoon salt
⅛ teaspoon pepper
6 small carrots
6 shallots
2 dessertspoons salad oil
½ cup stock or water or tomato puree or left-over vegetable soup

Cut veal into six serving pieces and pound into both sides the flour mixed with the salt, mustard and pepper. Season the carrots and shallots and wrap one of each in each piece of veal. Fasten with a small skewer or toothpick and fry on both sides in heated oil. Add hot stock, soup or purée, cover closely, and simmer slowly until tender (about 45 minutes). Remove to hot platter and keep hot while gravy cooks and thickens. Serve with vegetables and gravy.

Syrian Beef Stew

2 lbs. beef, chuck, neck or shin
1/3 cup seasoned flour
2 tablespoons beef dripping
2 medium-sized sliced onions
4 medium-sized ripe tomatoes
2 cups boiling water
1 cup green beans cut in ½ in. lengths

Have the meat cut into 1 in. cubes and dredge with seasoned flour. Heat the dripping in a heavy pan, add onions, and cook until yellow. Add meat and brown on all sides. Add the tomatoes (peeled and quartered), and boiling water. Cover and simmer gently over low heat about 1½ hours. Add beans and continue cooking until meat and beans are tender. Remove meat and vegetables to a hot platter. Thicken gravy if desired.

Swedish Meat Balls

1½ cups soft breadcrumbs
¾ cup milk
3 tablespoons finely-chopped onion
2 tablespoons shortening
1 lb. minced beef
¼ teaspoon nutmeg
1 teaspoon salt
⅛ teaspoon pepper
1 slightly beaten egg
¼ cup flour
1 cup stock or cream

Soak the breadcrumbs in the milk. Sauté the onion in one dessertspoon of shortening until soft, and add to the breadcrumbs. Add beef, seasoning and lightly beaten egg. Form into balls about 1 in. diameter, roll in flour, and sauté in remaining shortening about 10 minutes, or until lightly browned. Add stock or cream, cover, and simmer gently for five minutes. Remove meat balls on to serving dish, thicken the gravy with one tablespoon flour blended with an equal amount of water, and pour over meat balls. Serve with cooked noodles, spaghetti or rice.

Chah Gee
(Fried Chicken)

1 chicken
Salt, soya bean or Worcestershire sauce
1 tablespoon wine
1 small piece green ginger
1 dessertspoon treacle
1½ pints oil for deep frying

Pound the ginger finely, add salt, sauce, wine and treacle. Mix well, rub chicken inside and outside with the above mixture. Make oil very hot, put in the chicken (reducing heat) and cook until golden brown. Turn from time to time.

Chop Suey

½ lb. pork
½ oz. dried mushrooms
2 or 3 sticks young celery
1 medium-sized onion
1½ teaspoons oyster sauce
2 cloves garlic
1 teaspoon soya sauce
1 teaspoon dry sherry
1 teaspoon cornflour
1 dessertspoon oil or lard
Shallots

Shred the pork, adding a little salt. Mix the soya, sherry, 1 clove of garlic and the cornflour with the pork until it is covered with a thin paste. Scald and stem the mushrooms and cut into thin strips. Slice the celery and onion finely. Cut the shallots into 2 inch lengths. Put oil or lard and one clove garlic into a pan and fry until garlic browns. Add the pork and stir briskly for 10 minutes. Add onions and mushrooms. When onions are almost cooked, add oyster sauce and celery, and season well with pepper. Add ½ cup water and serve, garnished with shallots. Prawns or chickens can also be used, omitting the pork.

Stuffed Veal with Mushrooms

1 large thin veal steak (about 1 lb.)
2 hard-boiled eggs
3 ozs. sausage meat
½ lb. bacon rashers
Pepper, salt
2 ozs. shortening
½ pint stock
½ lb. mushrooms

Beat the veal to make it tender, then lay it flat and spread with a layer of sausage meat. Remove the shell from the eggs, slice them and arrange flat on the sausage meat. Over these lay the rashers and sprinkle with a little pepper. Roll the meat into a long sausage, and tie securely in two or three places. Put the shortening in a large saucepan and melt it. Fry the meat in it until brown on all sides. Add the stock, pepper and salt, cover the pan and simmer from one and a half to two hours, turning the meat occasionally. When it has cooked for an hour, add the mushrooms and cover until they are cooked. Untie the veal before serving, place it on a large dish, pile the mushrooms around it and pour the gravy in which it has been cooked over the roll.

Crayfish Creole

About 1 cup crayfish meat
1 tablespoon butter
1 tablespoon sliced onion
1 tablespoon chopped green pepper
1 tin (1 1/3 cups) tomato soup
2 cups water
½ teaspoon salt
Few grains pepper
¼ teaspoon Worcestershire sauce
¼ teaspoon paprika

Remove shell tissue from crayfish meat and flake it. Heat the butter and add onion and green pepper. Cover and simmer gently about 10 minutes. Add crayfish meat, tomato soup, water and seasonings, and heat. Makes 3 to 5 servings.

Tournedos of Beef with Sauce Bearnaise

6 fillets of beef
1 oz. butter or margarine
Pepper and salt
Bearnaise sauce

Season the fillets well with pepper and salt. Melt butter and in it lightly cook the fillets. Serve with creamed potatoes and green peas. Pour sauce over fillets.

Bearnaise Sauce

1 shallot
Yolks of 2 eggs
1 dessertspoonful of chopped tarragon
¼ pint of white wine or tarragon vinegar
A squeeze of lemon juice
Cayenne
2 oz. butter

Peel and chop the shallot and put it in a pan with the vinegar and tarragon, and boil until reduced to a tablespoonful. Strain and return it to the pan. Melt the butter, without letting it boil, in another pan. Add the yolks of the eggs to the vinegar with a little of the butter. Whisk well over low heat but do not let the mixture boil, but only thicken slowly. Draw the pan to the side of the fire and add the butter by degrees, whisking it in well. Add the lemon juice and seasoning. This sauce must not be made long before it is required.

REFRIGERATOR COOKING: Strawberry Ice-cream Pie.

Refrigerator Cookery

Try these pies, cakes, biscuits and puddings that need no baking. This new "refrigerator cookery" has a special appeal. Not only does it save countless kitchen hours but the food always looks so attractive and is so good to eat. Because they will remain fresh for days they can be made well in advance — such a help for parties, teas and general family eating.

Strawberry Ice-Cream Pie

2 oz. unsweetened chocolate
2 oz. butter or margarine
1 tablespoon hot milk
2/3 cup icing sugar
1½ cups shredded coconut
2 trays ice-cream
Strawberries, hulled

Grease an 8-inch pie plate. In double boiler, melt chocolate and butter, and stir to blend. Combine hot milk and sugar, and stir into chocolate mixture. Add coconut and mix well. Press to bottom and sides of pie plate. Refrigerate. Then fill with ice-cream and top with strawberries. This is a good pie shell for ice-cream, bavarian cream or chiffon fillings. It can be made into small tartlet shapes.

Refrigerator Crust

16 wine biscuits
4 ozs. shortening
2 ozs. icing sugar

Roll biscuits and shake through a strainer. Melt shortening and add to crumbs which have been mixed with icing sugar. Pat evenly into a greased pie-dish and chill. Use for chiffon or light fruit pies. 3 cups rice bubbles or corn flakes can be used in place of wine biscuits.

Sherry Slices

Filling: Combine ½ cup berry jam (any variety), 1 cup coconut, 1½ cups biscuit crumbs, 1 cup chopped dried fruits, such as sultanas or dates, ¼ cup chopped nuts, 3 tablespoons icing sugar, 1 tablespoon cocoa, 1 tablespoon sherry.

Marzipan: Mix 6 ozs. marzipan meal with 2 cups icing-sugar and 2 level tablespoons castor sugar. Add a squeeze of lemon juice and moisten with

white of egg. Roll out thinly on a board well dusted with icing-sugar. Place half the mixture on a lamington or sandwich tin. Add filling and top with remaining marzipan. Cover with a good chocolate icing (or melted chocolate). When set, use a knife dipped in hot water and cut into desired shapes. These should not be too large as they are very rich. Place in refrigerator. The filling mixture can also be rolled into balls, then tossed in dessicated coconut, and placed in refrigerator to set.

Refrigerator Nutties

4 ozs. brown sugar
4 ozs. butter
1 egg
½ teaspoon vanilla
¼ teaspoon bicarb. soda
½ teaspoon cream of tartar
2 cups plain flour
½ cup nuts

Cream together the butter and brown sugar. Add the beaten egg, vanilla nuts and well-sifted dry ingredients. Mould into a long roll about 1 inch in thickness. Wrap in waxed paper, and store in the refrigerator. When required, cut into slices and bake in a moderate oven (Temp. 350° F.) from 10 to 15 minutes.

Chocolate Crunchies

3½ cups rice bubbles
3 tablespoons cocoa
1 cup coconut
8 ozs. icing sugar
8 ozs. shortening
1 teaspoon vanilla

Mix dry ingredients together. Stir in melted shortening and essence. Mix thoroughly, spoon into paper containers, and allow to set in the refrigerator. Makes 2½ dozen.

Leftovers

Your family need never know they're eating left-overs. You can serve them with a well-flavoured sauce in a variety of ways — croquettes, au gratin, curries, soufflés, fillings for pies and pancakes, or serve them chilled as a main or additional item in a salad.

Your left-overs can be just as appetising when served up a second time. Stored in covered containers in your refrigerator, they keep beautifully fresh and moist. Here are some ways of using up left-overs.

LEFTOVERS: Stuffed Peppers.

Stuffed Peppers

6 peppers
½ pint white sauce
2 cups left-over meat
Breadcrumbs
Butter

Wash peppers, remove a slice from the stem and remove seeds. Place peppers in boiling salted water, and boil gently for 5 minutes. Stuff each pepper with a mixture made from combined sauce and meat. Top with breadcrumbs and a dot of butter. Place in a shallow dish and bake for 20 to 30 minutes.

Note: Any sauce filling as suggested for croquettes or chicken and ham kedgeree can be used to fill peppers.

Croquettes

½ pint milk
1 rounded tablespoon butter
1 rounded tablespoon flour
Cayenne pepper
Salt
2 cups cooked chopped or minced left-over meat
Suitable seasoning
Seasoned flour
Egg and breadcrumbs

Melt butter, add flour, blend and cook for 2 minutes. Add milk, bring to the boil, stirring well. Season, add left-over meat, allow to cool. Shape into croquettes (or suitable shapes – cutlets, balls, patties, pyramids) dip in beaten egg, and toss in breadcrumbs. Deep fry a golden brown. Serve with vegetables or a sauce.

Variations —

Rabbit Croquettes: Add 2 cups cooked minced rabbit to sauce, also a pinch of herbs and a little grated onion.

Chicken Croquettes: Add 2 cups cooked minced chicken to sauce, add a pinch of herbs and a little French mustard.

Fish Croquettes: Add 2 cups flaked salmon, fish or crayfish meat to sauce, add lemon juice and some mustard.

Vegetable Croquettes: Use 1½ cups mixed vegetables (diced carrots, parsnips, and peas make a good combination), add ½ cup grated cheese.

Egg Croquettes: Use 4 hard-boiled eggs, and season well.

Macaroni Cheese Croquettes: Use 1 cup cooked macaroni, 1 cup grated cheese, 1 level teaspoon mustard. If desired, a little grated onion can be added.

Vegetable Cheese Souffle

4 eggs
2 tablespoons grated cheese
1 teaspoon chopped parsley
½ pint thick white sauce (see Croquette recipe)
1 cup cooked diced vegetables
Salt and pepper
Cheese sauce

Add egg yolks to white sauce, then add other ingredients. Fold in stiffly-beaten egg whites. Steam or bake in a greased, lined soufflé case, about 30 minutes. Serve very hot.

Variations: 1 cup of any of the variations recommended for croquettes can be used to make the soufflé. The meat should be very finely chopped or minced before adding to the sauce.

Chicken and Ham Kedgeree

1 cup cooked rice
1 cup cooked chicken or rabbit
2 tablespoons minced ham or bacon
½ oz. shortening
Lemon juice
2 tablespoons tomato sauce or puree
Pinch of mixed herbs
2 tablespoons finely-chopped parsley
1 hard-boiled egg

Cook rice in plenty of fast-boiling salted water. Drain well. Mince the chicken finely. Melt the shortening in a pan and sauté the finely-diced ham. Add chicken, rice and seasonings, and cook for a few minutes longer. Flavour with tomato puree and reheat thoroughly. Serve in individual dishes garnished with rings of hard-boiled eggs and sprigs of parsley. Any left-over meats or fish can be used in place of chicken.

Curry Sauce

1 apple
1 onion
2 ozs. butter or dripping
1 heaped dessertsoon flour
1 heaped dessertspoon curry powder
½ teaspoon salt
1 pint stock water or milk
Juice ½ lemon

Peel and slice apple and onion. Heat butter, and fry apple and onion in it till a light brown. Add flour, curry powder and salt, and fry gently for 5 minutes. Add stock and stir till it boils. Simmer gently 15 minutes. Strain, and then add lemon juice.

Use this sauce for curries with any of the following –
Sliced cold beef, chicken or duck pieces, diced cold lamb or veal, mixed vegetables or a combination of vegetables and meat. The sauce can be poured over any of these left-overs in a casserole and slowly reheated in a moderate oven.

Desserts and Dessert Sauces

There is as much art in choosing a dessert as in making it. It should always harmonize with the rest of the menu, making a happy ending to every meal. If the main course is a sumptuous and filling one, top off with light and easily-digested dessert. When the main course is light, the dessert should be nutritionally rich, and satisfying.

Bavarian creams, refrigerator cakes, gelatine desserts and parfaits, refreshingly cool from your refrigerator, are pleasing on a summer evening; on cold wintry evenings spicy hot puddings are popular. Remember that cold desserts should be served really cold, and hot desserts piping hot.

Fruit Custard Cream

1 cup milk
½ cup sugar
1 dessertspoon cornflour
2 eggs
1 teaspoon vanilla
¼ pint cream
1 cup fruit pulp

Make a custard with the milk, sugar, cornflour and eggs, cooking slowly in double saucepan. When quite cold, add slightly-beaten cream and vanilla. Chill in the ice-trays of your refrigerator. When nearly firm, fold in the fruit pulp and freeze.

Passionfruit Marshmallow Whip

1 cup marshmallows
¼ pint cream
2 tablespoons water
1 good squeeze of lemon juice
Pulp of 4 passionfruit

Place marshmallows in saucepan with lemon juice and water, and slowly melt. Remove from heat and allow to cool. Whip the cream and add to marshmallow mixture, and whip in the pulp of 4 passionfruit. Chill in parfait glasses in refrigerator.

Butterscotch Fluff

2 dessertspoons gelatine
2 cups milk
¼ cup hot water
1 cup brown sugar
1/3 cup butter
3 eggs

Make a caramel with butter and sugar, add the hot milk and stir in the beaten egg yolks. Continue stirring until smooth and creamy. Dissolve the gelatine in hot water and add to the mixture. Stiffly beat the egg whites and add. Pour into a wetted mould and chill until firm in your refrigerator. Can be used as a filling for a pie-shell.

Two-tone Chocolate Pie

1 pastry shell
1 tablespoon gelatine
¼ cup cold water
4 eggs separated
2 or 3 cups sugar
½ cup heavy cream
1 teaspoon vanilla
1 tablespoon rum or
¼ teaspoon rum essence
Buttered almonds (for topping)

Prepare a 9 inch pastry shell. Soften gelatine in cold water. Combine egg yolks and half the sugar in the top of a double boiler. Beginning with cold water in bottom of double boiler, place over low heat and beat continuously until water begins to boil. Reduce heat to keep water below boiling. Add softened gelatine and continue beating until gelatine is dissolved. Remove from hot water, and divide mixture in halves. To one

half add 1½ ounces melted chocolate, beating until well blended. Cool the two mixtures until they begin to thicken. Beat egg whites until stiff but not dry, and beat in remaining sugar.

Fold half of the beaten egg into the chocolate mixture, add vanilla and fold in half of the whipped cream. Fold remaining egg-white mixture into plain egg-yolk mixture, add rum and fold in remaining whipped cream. Pour chocolate mixture into shell. Spoon the rum mixture on top. Sprinkle with almonds and chill.

Raspberry Water-Ice

1 tin of raspberries
1 sliced banana
Juice of 1 orange

Mix together the fruit and juice, and place in the freezing tray of the refrigerator and freeze. Cut into blocks and serve with whipped cream. Or use ice-cube tray with grid for easy block-making.

Currant Jelly Freeze

1 cup red currant jelly
½ cup unsweetened condensed milk
2 egg whites

Chill milk thoroughly, beat with rotary beater until consistency of whipped cream. Fold in currant jelly and stiffly-beaten egg whites. Pour into freezing trays and chill until firm and set. Serve with whipped cream, a fruit syrup or any suitable stewed fruit.

Cream Viennoise

1 pint milk
4 eggs
¼ lb. sugar
2 tablespoons water
Essence vanilla

Place half of the sugar to boil with water to make a light brown caramel. Moisten with a little more water, about 1 tablespoon. Make a custard of milk, sugar, eggs and vanilla. Add the caramel mixture. Pour into individual moulds, set in a baking dish of water and bake in a slow oven until custard is set. When cooked, chill and serve with freshly-stewed fruit in season, or with whipped cream.

Pineapple Mint Sherbet

1 cup water
1 cup pineapple juice
1 tablespoon chopped fresh mint
1 tablespoon lemon juice
½ cup sugar
1 cup pineapple, crushed
2 egg whites

Combine the water, pineapple juice, chopped mint and sugar, and boil 3 minutes. Chill, add the crushed fruit, and lemon juice, and tint pale green.

DESSERTS: Pineapple Mint Sherbet.

DESSERTS: Lemon Cocoanut Squares — a pretty party dessert.

Freeze 1 hour. Turn into a bowl, add the beaten egg-whites and whip until very light. Put into the trays of the refrigerator again and freeze. Serve in chunky pieces as a refreshing summer dessert.

Grilled Bananas with Ice-Cream

4 bananas
1 tablespoon butter
1 tablespoon sherry or lemon juice
1 tablespoon brown sugar
Pinch of salt
1 tray of ice-cream

Prepare the ice-cream mixture and freeze in the refrigerator ice-trays, or use packaged ice-container. Peel the bananas, cut into one-inch slices and place in buttered pan. Dot with butter and sprinkle with salt, brown sugar and sherry. Grill until soft and golden brown. Serve hot with the ice-cream.

Iced Plum Pudding

½ cup chopped, seeded raisins
½ cup candied cherries (quartered)
3 tablespoons chopped peel
½ cup chopped candied pineapple
2/3 cup sherry
Vanilla essence
1/3 cup cocoa
1 pint milk
2 eggs
2 cups icing-sugar
1 pint cream

Place raisins, cherries, peel and pineapple in a bowl, mix well and add sherry. Let them infuse for several hours. Scald milk, and add essence to taste. Beat eggs with sugar until very light, and add the milk gradually. Cook over a slow heat for two or three minutes but do not let the mixture boil. Remove from heat and stir in half the cream. Put cocoa in a saucepan, add remainder cream and cook over boiling water for five minutes, beating briskly. Remove from fire, cool, add to custard and freeze. When nearly frozen, remove from refrigerator and add the fruit preparation, stirring until evenly blended. Put back into freezing compartment again and freeze for several hours. Serve with sauce.

Chocolate Mould

4 ozs. of chocolate
1 oz. of castor sugar
1 oz. of gelatine
1 pint of milk
Vanilla

Soak the gelatine in 1 or 2 tablespoons of milk, and boil the remainder with the chocolate. When perfectly smooth, stir in the sugar and gelatine, and add vanilla essence to taste. Let the mixture cool a little, then pour into one large or several smaller moulds. Chill in refrigerator. When set, serve with whipped cream or ice-cream. Sufficient for 4 or 5 persons.

Lemon Coconut Squares

1 cup sweetened condensed milk
3 tablespoons lemon juice
1 teaspoon grated lemon peel
1 10 inch by 5 inch loaf cake
2 cups toasted shredded coconut
Orange segments
Mint leaves

Combine sweetened condensed milk and lemon juice. Stir till thickened. Add lemon peel. Cut the cake into $1\frac{3}{4}$ inch slices. Sprinkle loaves with coconut. Chill. Place 2 orange segments on each. Garnish with the mint.

Apricot Flummery

1 tablespoon flour
1 cup apricot pulp
1½ cups syrup
1 tablespoon gelatine
Juice and rind of 1 lemon

Blend the flour with a little syrup. Soak the gelatine in the remainder of the syrup, place in a saucepan and boil for 3 minutes. Add the lemon juice. When cold, whisk until the mixture shows signs of setting, then add the pulp, and place in the refrigerator to chill. Serve in individual dishes or pile roughly on a colourful glass dish. Decorate, if desired, with whipped cream and halves of apricots.

Chilled Apple Betty

2 cups wholemeal breadcrumbs
1 tablespoon butter
3 large cooking apples
Lemon rind
½ cup brown sugar
Blackberry jelly
Whipped cream

Melt the butter in a saucepan, then add the breadcrumbs and toss over a low heat until the crumbs are crisp and lightly browned. Place alternate layers of buttered crumbs, grated apples flavoured with lemon rind and brown sugar, into a greased baking dish. When the dish is full, cover generously with crumbs and bake for 45 minutes in a moderately hot oven (temp. 350° F.). When cold, spread with a layer of blackberry jelly and top with whipped cream. Chill thoroughly before serving.

Melba Sauce

1 cup raspberry jam
2 tablespoons water
1 teaspoon cornflour

Mix jam and water and bring to boil. Add cornflour mixed with water and then cook, stirring until clear. Makes 6 to 8 servings. Traditionally this sauce served over vanilla ice-cream, which has been topped with a canned peach half.

Creamy Chocolate Sauce

¾ cup milk
1 oz. chocolate
¼ cup sugar
1 dessertspoon flour
Salt
1 tablespoon butter
¼ teaspoon vanilla essence

Heat the milk and chocolate over boiling water. When melted, beat with a rotary beater until perfectly smooth. Combine the sugar, flour and salt, blend with a little cold milk and stir into the remainder of the milk. Cook for 5 minutes, stirring until thickened. Remove from the heat, add the butter and vanilla essence and serve either hot or cold. This sauce will keep in your refrigerator from two to three weeks.

Hot Butterscotch Sauce

¾ cup brown sugar
½ cup glucose
Vanilla essence
¼ cup butter
1 jar cream

Boil the sugar, glucose and butter for 5 minutes, stirring until the sugar has dissolved. Add the cream slowly, and bring to the boil. Flavour with vanilla. This sauce thickens as it stands. It may be used either hot or cold, and if stored in covered jars, will keep in the refrigerator from two to three weeks.

Brandy Sauce

2 egg yolks
½ cup brandy
2 tablespoons icing-sugar
½ pint whipped cream

Place eggs and sugar into a saucepan over slow heat and beat well while adding brandy. Allow to heat well, but not boil. Remove and whip five minutes, add whipped cream and continue beating for two minutes. Chill until needed.

Ice Cream & Ice Cream Dishes

Ice-cream is a universally favourite sweet. Served at the end of a formal dinner, at supper or as a mid-day refresher or topped with sauce, or as part of an elaborate frozen dessert, it always has a high rating. The ice-creams which are sold in New Zealand are of a very high quality, and all can be stored safely in your frozen food chest. You may wish to make some special ice-cream yourself, so we give you some basic recipes.

Some Hints on making Ice-Cream

Quick-freezing makes a smoother ice-cream. Turn the refrigerator control to coldest setting and freeze your ice-cream for 1 to 1½ hours, but do not get your ice-cream too hard. When it is properly set, don't forget to turn the control back to your usual setting again. If extra sugar or sweet fruit pulp is added, the ice-cream will take longer to freeze.

Whip your cream before freezing until it will just hold its shape and no longer. A butter flavour and texture will result if the cream is beaten too long. Cream, one or two days' old, is best for making ice-cream.

When adding fruit pulp or finely-chopped fruit, mix in thoroughly. Do not add large pieces. A more even texture results if the mixture is chilled before adding the fruit pulp. Mix in the heavier ingredients thoroughly or they may separate during freezing, sinking to the bottom.

Ice-Cream (1)

Whites of 2 eggs
½ pint rich thick cream
2 tablespoons icing-sugar

Use rotary beater and whip the egg whites until stiff. Whip the cream very lightly. Add the sugar and flavouring (as required) to the cream. Lastly fold the egg whites lightly and thoroughly in the cream. Pour into trays and freeze.

Suggested Flavourings:

½ teaspoon vanilla or a few drops peppermint essence.
2 teaspoons coffee essence.
½ cup crushed fruit — strawberries, pineapple, bananas, pears, peaches or apricots, or omit sugar and add ½ cup apricot, raspberry or strawberry jam.
1 tablespoon powdered chocolate.

Ice-Cream (2)

2/3 cup condensed milk
½ cup of water
1½ teaspoons vanilla
½ pint cream

Mix condensed milk and water together. Chill. Whip the cream and vanilla till nearly thick. Add to condensed milk and water. Freeze for 1 hour or until a stiff mush. Remove from trays and beat for two minutes. Pour back and freeze.

Praline Ice-Cream

2 egg yolks
¼ cup treacle or golden syrup
¼ pint milk
¼ pint cream
1 oz. toasted almonds

Beat the egg yolks and the treacle together, and gradually add the hot milk. Place in a double saucepan and cook slowly until the mixture thickens slightly. When cool, fold in the whipped cream and toasted almonds. Put into trays and freeze. Serve with crisp biscuits.

Economical Ice-Cream

1 pint fresh milk
4 tablespoons powdered milk
½ cup condensed milk
1 teaspoon vanilla
½ teaspoon gelatine
1 tablespoon hot water

Warm the fresh milk, add the powdered milk, and with a rotary beater mix well together. Add the condensed milk and beat again. Dissolve the gelatine in the hot water, add gradually to the milk mixture and beat 10 minutes. Place in the freezing trays of the refrigerator and leave from 1 to 1¼ hours, or until the mixture is just commencing to set. Empty into a basin and beat again. The success of this ice-cream depends on the way it is beaten. It is improved if it is allowed to become partly set and then beaten a third time before final freezing. Flavour with vanilla before the last beating.

Pineapple Ice

1½ cups water
2 cups sugar
¼ cup lemon juice
1½ cups pineapple juice and pulp

Make a syrup of the water and sugar. Add lemon juice and pineapple to the cooled syrup, and freeze until firm throughout. Remove from the tray to a chilled bowl, break up with a wooden spoon and beat with the electric mixer or rotary beater until free from hard lumps but still a thick mush. Put back into the tray and return to the refrigerator to finish freezing. Serve in tall sherbert glasses.

Orange Ice: Substitute 1½ cups orange juice for the pineapple juice and pulp.

Sherbets

Any of the recipes for ices can be converted into sherbets by adding 2 stiffly beaten egg whites when the ice has been removed to a bowl (after the first freezing) and beaten to a mushlike consistency before the final freezing.

Strawberry Cream Parfait

Strawberry ice-cream
Vanilla ice-cream
Creamy chocolate sauce
Crushed candy

Fill each small parfait glass with these in the order given.

Choc-Mint Parfait

Chocolate ice-cream
Whipped cream
Peppermint candies

Put the ice-cream into dishes and top with whipped cream, candies and a perky cherry.

ICE-CREAMS: Strawberry Cream Parfait, Choc-mint Parfait, Ice-Cream Cocoanut Balls, Strawberry Ice-cream with black cherries.

Ice-Cream Coconut Balls

Roll scoops of ice-cream — any flavour — in toasted, plain or tinted shredded coconut. Serve with a sauce. These can be returned to the freezer until needed. To tint coconut, add a few drops of vegetable colouring to the coconut and work the colour in, using the fingertips.

Strawberry Ice-Cream with Black Cherries

Serve strawberry ice-cream with frozen cherries or lightly stewed chilled cherries.

Cold Drinks and Cocktails

Long, frosted fruit drinks, punches for parties, cocktails, milk drinks — these need no recommendation on warm summer days. However, they should be served properly and with suitable garnishes or accompaniments.

For added appeal, decorate your glasses with a frosty sugar trim or bright fruit wedges. You may like to use coloured ice-cubes, and pretty drinking straws and spoons.

Here are some wonderful recipes, and how to serve them.

Ice for Cold Drinks

Either ice-cubes or crushed ice may be used for cold drinks. Crushed ice will cool the beverage more quickly but ice-cubes last longer and add a pleasant tinkle. For very clear ice-cubes, use boiled water.

Suggestions for fancy ice-cubes:

Add a little green colouring to the water before freezing into cubes, for an especially cool-looking effect.

Freeze into the ice-cubes curls of lemon or orange peel, maraschino cherries with stems intact, or sprigs of mint.

Freeze remainders of fruit drinks in the ice trays, to serve in iced tea or coffee, or in other fruit beverages.

BEVERAGES: Iced drinks for the hottest days—flaked ice round the bottles—tinted ice-cubes in frosty coolers.

COOLERS

Half-and-Half Cordial

2 oranges
2 lemons
3 lbs. sugar
1 oz. tartaric acid
2 quarts boiling water

Grate the rinds of the oranges and lemons finely. Squeeze out the juice and strain free from pips. Place in a heat-proof bowl with sugar. Add tartaric acid and pour boiling water over all. Bottle and seal. When cool, store in your refrigerator. To keep for any length of time, strain well before bottling. To serve put the usual amount in each glass, fill with iced water or chilled dry ginger ale.

Choc-Ola Float

Fill tall glasses half full of chilled Coca-Cola. Add ¼ cup of milk to each and stir well, complete with a large scoop of chocolate ice-cream.

Fruit Punch

Pour 1 cup of boiling water over 1 tablespoon tea leaves, steep 5 minutes, and strain. Then stir in ½ cup sugar and cool. Combine 2½ cups orange juice, 1 cup grape juice and 2¼ cups unsweetened grapefruit juice. Add the tea mixture and a few sprigs crushed mint. Chill thoroughly. Just before serving, remove the mint, add 1½ cups water or ginger ale and pour over ice into punch bowl.

Grapefruit Foam

Beat 3 egg whites until stiff. Add 2 pints grapefruit juice and 1 pint bottle ginger ale. Beat with a rotary beater until frothy and well mixed. Put a spoonful of crushed ice into each glass and pour the liquid over the top. This drink may be varied by using orange, lemon or pineapple in place of the grapefruit.

Pineapple Mint Julep

Wash 6 mint sprigs, bruise with a spoon, cover with ¾ cup sugar, add ¾ cup lemon juice, and let stand for 15 minutes. Add 3 cups unsweetened pineapple juice. Pour over ice into jug or tall glasses, add 3 cups ginger ale. Garnish with sprigs of mint.

Claret Wine Cooler

2 cubes of ice
4 ozs. claret wine
4 ozs. seltzer
1 teaspoon sugar—stir well
1 thin slice pineapple
2 thin slices orange

Orange Cooler

3 ozs. white port wine
3 ozs. orange juice
2 teaspoons lemon juice
2 teaspoons sugar
2 cubes of ice
Stir well

Sunset Cooler

Juice of ½ lemon
1 teaspoon sugar
1½ ozs. sloe gin

Shake these well together with ice, and pour. Fill glass up with chilled ginger ale.

Fruited Milk Shake

1 cup milk
½ cup crushed ice
½ cup fruit juice
2 teaspoons lemon juice
Sugar, if desired

Chill the milk and fruit juice, and blend together. Shake vigorously and add the ice, lemon juice, and sugar (if desired). Serve immediately. Enough for two.

COCKTAILS

Affinity Cocktail

¾ ozs. Italian vermouth
¾ ozs. French vermouth
1½ ozs. Scotch whisky
1 maraschino cherry
1/3 teaspoon angostura bitters

Stir well with ice and strain.

Alfonso Cocktail

1 lump sugar
2/3 teaspoon angostura bitters
1 cube of ice
1 twist lemon peel on top
1 oz. dubonnet
3 ozs. champagne

Stir well with the ice.

Bronx Cocktail

¼ Italian vermouth
¼ French vermouth
½ dry gin
Juice of ¼ of an orange

Shake well with ice and strain.

Cupid Cocktail

2½ ozs. sherry wine
1 egg
1 teaspoon sugar
1 pinch cayenne pepper

Shake well with ice and strain.

Dixie Cocktail

2 ozs. rye whisky
1/3 teaspoon angostura bitters
¼ teaspoon curacao
¾ teaspoon green creme-de-menthe
¼ teaspoon sugar

Shake well with ice and strain.

Martini Cocktail Dry

1/3 French vermouth
2/3 dry gin
1 olive
2/3 teaspoon orange bitters

Stir well with ice and strain.

Martini Cocktail Sweet

1/3 Italian vermouth
2/3 dry gin
1 maraschino cherry
1/3 teaspoon orange bitters

Stir well with ice and strain.

Pink Lady Cocktail

1/3 brandy
2/3 dry gin
2 teaspoons grenadine
1 white of an egg

Shake well with ice and strain.

Brandy Cobbler

¼ teaspoon sugar
1 oz. water
4 ozs. brandy

Fill glass with ice and garnish with fresh fruit. For gin or port cobbler, use 4 ozs. dry gin or port wine, and 1 oz. seltzer to replace water.

PUNCHES

Pineapple Punch

¾ oz. pineapple juice
¾ oz. grenadine
3 ozs. maraschino
1½ozs. dry gin
Juice of 3 lemons
2 teaspoons angostura bitters
1½ quarts moselle wine
1 quart seltzer

Surround your punch bowl with ice and add 1 pineapple cut up in small cubes.

Fruit Punch (For 50 people)

1 pint grapefruit juice
1 pint lemon juice
2 pints strawberry juice
2 pints raspberry juice
2 pints cherry juice
1 pint grated pineapple
8 pints seltzer
1 pound sugar
4 quarts rum

Mix in well-iced punch bowl.

Brandy Mint Julep

3 ozs. brandy
3 ozs. peach liqueur
1 teaspoon sugar
4 sprigs of fresh mint

Serve in tall glass, filled with cracked ice. Stir well, and decorate with fresh fruit.

Entertaining Made Easy

Most people like to entertain but are discouraged by the extra work and often the extra expense. A party doesn't have to be of the oyster and champagne variety to be a good one. By giving it a little thought and by careful planning, every party will have the success it deserves. If you have no extra help, let your kitchen appliances work for you. Your refrigerator will keep foods cool, crisp and fresh, as your range will keep food hot. They can both be your silent waiters.

DINNER PARTIES

Plan your menu with an eye to easy service. The secret of cooking and serving a meal all by yourself is to prepare everything ahead of time.

Do not have too many separate dishes to be passed around. Vegetable dishes with two compartments are often more convenient. Salads and cold desserts can both be prepared beforehand, even arranged on dishes. They can be kept fresh, at the right temperature, and ready for instant use, in your refrigerator.

For a successful dinner party, you must naturally plan a menu that will please your guests, but the dishes must be such as you know you can prepare and serve in an apparently effortless manner.

With the right planning you should be able to relax, because everything is going smoothly and easily. Achieving this, you will enjoy your party with your guests.

BUFFET LUNCHEONS AND SUPPERS

The buffet party is becoming a popular way to entertain. The table should be prepared well in advance, with sufficient space around the table for guests to help themselves.

Dishes for a buffet party should be selected from those that require no last minute preparation, and as far as possible, all foods should be the kind that keep well. Casserole combinations, food in cream sauces to be served with cooked rice, noodles, or in pastry cases, are ideal winter dishes. Along with them go a variety of salads, rolls and beverages. For a summer buffet, Swedish smorgasbord is becoming popular. It comprises a large variety of appetisers and salads, accompanied usually by several kinds of bread and cheese. Guests help themselves, just as at any other kind of buffet meal.

FOR A BUFFET PARTY: Polish Casserole, with rolls and salad.

A PARTY BEVERAGE: Fruit Punch, with orange slices, strawberries, cherries.

SUPPER PARTIES

Supper parties provide an ideal form of entertainment, especially at the week-end. The menu should be simple. Soup, salad, a main hot or cold dish, cake or an ice cream dessert and coffee are sufficient. During the winter months, an informal supper in the living room around an open fire is enjoyable. In the summertime, supper parties can be really delightful, whether inside the house, served on the terrace or under the trees, perhaps with out-door lighting.

LUNCHEON PARTIES

Luncheons are always smart and popular. Whether little or big, they are an easy way to entertain. Here is a pattern for a luncheon. Fruit appetizer or soup, substantial salad or hot dish, an interesting bread, an unusual dessert, tea or coffee. When planning a luncheon select from the recipes included in this book – ones that you know you can handle with ease.

BARBECUES AND PICNICS

Outdoor living is becoming increasingly popular in New Zealand. When planning a picnic, choose foods that keep and travel well. Sandwiches, salads, fruit can be wrapped in plastic film and placed in your refrigerator. For home barbecues, your refrigerator can be a wonderful help. Prepare salad greens and keep in your crisper until required. Ice-cream, fruit pies, well-chilled drinks, all frosty cool from your refrigerator, will provide the necessary contrast to your barbecued meats. This pre-party preparation helps to make barbecue parties easy work for the hostess.

There is no appliance as effective as your refrigerator in enabling you to prepare dishes in advance, with the minimum of work and no last-minute anxiety as to the result.

COCKTAIL PARTIES

For a cocktail party, the food should be sharp and tasty – both hot and cold. Each savoury must be prepared with care. Small, decorative and well seasoned, they should be, and each one, very good to eat.

Here, too, most of the preparation should be done in advance. Savouries of every kind, tit-bits in bacon wraps, and fillings for pastry bases, can all be made long before, laid on baking-sheets and stored in your refrigerator, ready to be popped into the oven. Canapés also can be prepared and kept fresh and ready in your refrigerator.

ROASTING METHODS

The following three methods of roasting are those most commonly used. The choice of the method depends on the kind of meat being cooked, on the other foods which are to be cooked in the oven at the same time, and on your personal preference. An uncovered pan is recommended for ordinary roasting.

METHOD 1. The meat is browned or "seared" at a very high temperature for a short time and the cooking finished at a lower temperature.
1. Place the meat in the roasting pan; if the joint is lean, add some extra fat or dripping.
2. Place it in a very hot oven (500° F.) for 15-20 minutes or until the meat is brown.
3. Reduce the heat to slow or moderate (about 350° F.) and continue cooking. (For times see Time-table below.)

N.B.—This process may be reversed, that is, cooking the meat at 350° F. and then raising the temperature to 500° F. for the last 15-20 minutes. This method is useful if there are potatoes to brown or Yorkshire pudding to cook at the end.

METHOD 2. The meat is cooked all the time at a moderate temperature. This method is better suited to large joints, as small joints are not in the oven long enough to become well browned. Proceed as in Method 1 but place the meat in a moderate oven (375° F. – 400° F.) and keep it at the same temperature all the time. (See Time-table below.)

METHOD 3. Slow roasting, when the meat is cooked as in Method 2, but at a lower temperature, 325° F. – 350° F. Meat cooked in this way takes **longer** than the other methods but it is an excellent way of roasting the cheaper cuts. (See Time-table below).

ROASTING TIME-TABLE

The following times are intended as a guide. The time needed depends on the shape and thickness of the joint as well as the weight. The joints which take longest are the boned and rolled ribs of beef and any meat which has been boned and stuffed. Lamb, veal and pork should always be well done, but beef may be cooked well or underdone according to personal preference. The times given below are for well-done meat, and for joints weighing 3-8 lbs. Larger joints need less time per lb., smaller joints longer.

Meat	*Methods 1 and 2*	*Method 3*
Beef or Mutton	Thick cut 30 mins. per lb.	45 mins. per lb.
	Thin cut 25 mins. per lb.	40 mins. per lb.
Lamb	30 mins. per lb.	45 mins. per lb.
Pork	Thick cuts 35 mins. per lb.	45 mins. per lb.
	Thin cuts 30 mins. per lb.	40 mins. per lb.
Veal	30-40 mins. per lb.	40-50 mins. per lb.
Chicken and Duck	50 mins. to 1 hour	2 hours
Rabbit	50 mins. to 1 hour	2 hours
Duckling	35 mins.	
Goose or young Hare	1½ to 2 hours	2 hours
Turkey	7-10 lbs. 2 hours	3 hours
	10-12 lbs. 3 hours	4 hours
	15-20 lbs. 3½ hours	4½ hours
Heart, sheep's	— —	1½ hours
Heart, ox	— —	3-4 hours
Heart, calf's	— —	2 hours

BOILING TIME-TABLE

Meat	*Time per pound or Total time*
Beef, fresh	20 minutes per lb. and 20 minutes over.
Brains, calf's	20 minutes (or 10 mins. if then to be fried).
Brains, ox	30 minutes.
Brains, sheep's and pig's	15 minutes.
Ears, pig's	1½ hours.
Feet, calf's and cow's	2-3 hours.
Feet, pig's	2 hours.
Fowl	1-2½ hours according to age and size.
Head, calf's	3-4 hours.
Head, pig's cheek	1½-2 hours.
Head, sheep's	1½-2 hours.
Mutton	15-20 minutes per lb.
Pork	25-30 minutes per lb.
Rabbit	40-60 minutes.
Salted meat	25-30 minutes per lb., plus 25-30 minutes.
Tongue, calf's	Cooked with the head.
Tongue, ox	3-3½ hours.
Tongue, sheep's and pig's	1½-2 hours.
Veal	20-25 minutes per lb.

BAKING TIME-TABLE

PASTRY

Food	*Temperature*	*Time*
Fruit pie	425°F.-475°F.	35-45 minutes
Meat pie—uncooked filling	375°F.-400°F.	1½-2 hours
Meat pie—cooked filling	425°F.-475°F.	30-40 minutes
Fruit tart (in deep plate)	450°F.-475°F.	35-50 minutes
Flaky pastry (patties, etc.)	475°F.-500°F.	10-20 minutes
Choux pastry (cream puffs)	450°F.-475°F.	30-40 minutes
Flan case	450°F.-500°F.	10-20 minutes
Jam tarts	450°F.-500°F.	10-15 minutes
Cornish pastries	450°F.-500°F.	30-40 minutes

CAKES AND BISCUITS

Biscuits	350°F.-400°F.	15-30 minutes
Small cakes	400°F.-450°F.	15-20 minutes
Plain fruit cakes	350°F.-400°F.	Depends on size
Rich fruit cake	250°F.-350°F.	Depends on size
Madeira cake	350°F.-400°F.	Depends on size
Gingerbread	350°F.-400°F.	Depends on size
Sponge roll	400°F.-450°F.	8-10 minutes
Sponge sandwich (fresh eggs)	350°F.-400°F.	20-30 minutes
Sponge sandwich (dried eggs)	400°F.-450°F.	15-20 minutes
Victoria sandwich	400°F.-450°F.	15-30 minutes
Cookies and Drop cakes	400°F.-450°F.	15-30 minutes
Rock cakes	425°F.-450°F.	15-30 minutes
Scones	475°F.-500°F.	8-15 minutes

PUDDINGS

Baked custard	350°F.-400°F.	45 minutes to 1 hour
Rice pudding	250°F.-350°F.	2 hours
Yorkshire pudding	475°F.-500°F.	35-45 minutes
Bread pudding	375°F.-425°F.	45 minutes to 1 hour
Meringues	250°F.-300°F.	1½-2 hours
Souffle	425°F.-475°F.	12-20 minutes
Meringues on pudding or tart	400°F.-425°F.	12-18 minutes

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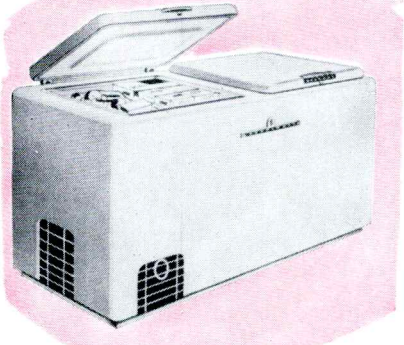

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